



Please join State Representative
Mike Sturla's

Back to School *Giveaway!*



Saturday, August 23
11 a.m. to 2 p.m.

Lancaster Rec Center
525 Fairview Ave.

Lancaster students should start the 2014 school year off right! Students in grades K thru 5 who stop by on August 23 will receive a backpack and school supplies.

Students must be present to receive a backpack.

Los estudiantes deben estar presentes para recibir una mochila.

** If you or your business is interested in donating supplies, backpacks or food, contact Emily in Rep. Sturla's office at 295-3157.



COME OUT TO THE REC CENTER AND ENJOY:

- Lunch
- A Bike Rodeo
- Face Painting
- Helpful information on state programs for kids
- Music

BACKPACK SAFETY FACTS

Overloaded backpacks used by children have received a lot of attention from parents, doctors, school administrators and the media in the past several years. The U.S. Consumer Product Safety Commission estimates there are more than 7,300 backpack-related injuries annually treated by hospitals and doctors. Injuries include bruises, sprains and strains to the back and shoulder and fractures.

The American Academy of Pediatrics recommends that a child's backpack should weigh no more than 10 to 20 percent of the child's body weight. This figure may vary, however, depending on the child's body strength and fitness.

WARNING SIGNS A BACKPACK IS TOO HEAVY

- Change in posture when wearing the backpack
- Struggling when putting on or taking off the backpack
- Pain when wearing the backpack
- Tingling or numbness
- Red marks

All are welcome and I hope to see you there!



FREE
Backpack
Student must be present